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NEWS  
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## Cap'n Harper in search of sunken ships

PM sets sail in North to learn of  
doomed 1845 voyage **PAGE 6**

## Split ends got you at wit's end?

It's normal. Bad hair days aren't  
simple vanity, says expert —  
the anxiety is sociological **PAGE 13**

## THAT'D BE A WHOPPER OF A MERGER

EVEN IF BURGER KING AND  
TIM HORTONS MERGE,  
YOU WON'T BE GETTING A  
WHOPPER AT TIMS ANYTIME  
SOON **PAGE 9**



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# Making good

Actor Bryan Cranston accepts  
the award for Outstanding Lead  
Actor in a Drama Series for  
Breaking Bad, at the 66th Annual  
Primetime Emmy Awards in L.A.,  
Monday **SEE EMMY COVERAGE, PAGE 11**

KEVIN WINTER/GETTY IMAGES

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# Wasylycia-Leis talks safety

**Campaigning.** Mayoral candidate pledges more downtown patrols, crime analysts



**BERNICE PONTANILLA**  
bernice.pontanilla@metronews.ca

More crime analysts, downtown foot patrols and an improved runaway strategy are central to mayoral candidate Judy Wasylycia-Leis's plan to enhance safety in Winnipeg.

During a news conference Monday at Knox United Church near Central Park, the former MP said that no matter where citizens live in the city, they "have a right to feel safe."

Wasylycia-Leis's safety strategy includes an endorsement of police Chief Devon Clunis's block-by-block crime prevention program — and a strong rebuke of the one put forward by rival candidate Gord Steeves.

"In my view, there are two competing visions of how to make Winnipeg a safer place for all of us. One approach, one that has been tried and failed, is based on fingerprinting, fear-mongering and

divisiveness. I support a different path," said Wasylycia-Leis, who then referred to Steeves' controversial plan to remove intoxicated people from the downtown.

"You might have gathered from my opening remarks that I see my approach as dead opposite to Gord Steeves'."

In addition, Wasylycia-Leis would double the number of foot patrols in the downtown area, provide funding for four new crime analysts for police and establish a partnership with Street Reach, a group of organizations that works with youth, to create the "best strategy in the country for bringing runaways home."

She invoked the case of Tina Fontaine, who "deserved to be safe," and said she has long supported an inquiry into missing and murdered aboriginal women.

She endorsed the UN's safe cities initiative to prevent violence against women and girls, and also pledged to outline more employment and housing opportunities as her campaign moves forward.

Follow Bernice Pontanilla on  
Twitter @MetroBee



Mayoral candidate Judy Wasylycia-Leis says Winnipeggers should feel safe no matter where in the city they reside.

BERNICE PONTANILLA/METRO

## Sokolyk

### Twitter trouble

Judy Wasylycia-Leis apologized for tweeting a photo of herself with Taras Sokolyk on Sunday at an event celebrating Ukraine's independ-

ence day.

Sokolyk, a former Tory campaign organizer, was implicated in a vote-rigging scandal during the 1995 provincial election that saw the Progressive Conservatives win. Wasylycia-Leis, whose NDP fell victim to this

vote-rigging scheme, said she knows him from her time working on agricultural issues and posted the picture "without thinking."

"(Sokolyk) made a mistake in the past; he'd paid for it," she said, adding the tweet was deleted.

# Fielding backs Steeves in mayoral race



Coun. Scott Fielding has thrown his support behind mayoral candidate Gord Steeves. METRO FILE

An about-to-be-former city councillor has endorsed another former city councillor for mayor of Winnipeg.

Coun. Scott Fielding, who is not running for re-election in the upcoming civic vote, has officially endorsed candidate Gord Steeves.

The reason lies in the city's infrastructure woes,

said Fielding.

"There can be no debate — Winnipeg's infrastructure must be repaired now," Fielding, who represents the St. James-Brooklands ward, said in a news release.

"Of all the mayoral candidates, Gord has the best plan to address this critical need. His plan makes sense and will

provide real solutions for all Winnipeggers. I am proud to offer him my full support in his campaign."

Fielding said he met with some of the candidates after discarding his own mayoral run late last year, and made the decision to back Steeves.

For his part, Steeves said gaining Fielding's support

"means a great deal" to him.

Fielding, who is running for a provincial seat next year, has made no secret of his opposition to the second phase of rapid transit, which Steeves vowed to derail last week. The two also share an aversion to property-tax increases.

METRO

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1 NEWS



## TRANSIT TUESDAY

Weekly Transit News Update



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### Rossmere

## Pair of suspects sought after men spotted taking photos of kids

Police are looking for two suspects after a pair of suspicious men were seen taking pictures of kids in a Rossmere neighbourhood water park last week.

Police were called after the men were seen at River East Splash Pad on Rothesay Street around 4:20 p.m. on Aug. 20.

One of the two men appeared to be taking pictures of the children with a cellphone, but neither attempted to speak with any of the kids.

The first suspect is black, 45 years old, six feet tall, with a muscular build and short black hair. He was wearing a blue long-sleeve shirt, dark pants and black flip-flops.

The second suspect is Asian, 45 years old, about five-foot-seven and 165 pounds with shaved dark hair. He was wearing a light-coloured short-sleeve shirt, dark pants, white runners and sunglasses. **METRO**

### Correction

## Wrong job listed for victim of homicide

A story in the Aug. 25 edition stated that the victim, Helder Serpa, 57, was a health and safety officer with the Province of Manitoba. This is incorrect. Our sincere apologies for any confusion.



St. Vital councillor Brian Mayes and area MLA Nancy Allan announced joint funding Monday to turn a former dump for flood debris on Marlene Street into a new park. SHANE GIBSON/METRO

# Rebuilt dump is becoming a park

## St. Vital. Province and city partner to pay for revitalization



SHANE GIBSON  
[shane.gibson@metronews.ca](mailto:shane.gibson@metronews.ca)

A slice of land along the Seine River in St. Vital that's sat vacant for more than 60 years after being used as a dump for flood debris is becoming the community's newest park.

The city and province are partnering to make the improvements, which in-

clude adding a walking path through the trees and along the riverbank in the space at the corner of Marlene Street and Beliveau Road E.

"After the flood in 1950, this is where a lot of the construction material and things that were wrecked got dumped and then were buried over," explained area councillor Brian Mayes.

"The site's been remediated, so it's safe to use now.... It'll be a good use of what's really been unused land since the 1950s."

The \$107,000 worth of work is being funded through the second phase of the prov-

ince and city's joint Building Communities Initiative. The effort will also build benches, a planting bed and a park entry point.

"This is a great partnership to make community spaces available," said St. Vital MLA Nancy Allan of the funding program, which sees the city pick up 60 per cent of the cost of the revitalization project and the province cover the remaining 40. "It's going to make a big difference.... It's a healthy community project."

Work on the park is slated to start in late September and is expected to be completed later in the fall.



## Man dies of stab wounds

Winnipeg police say a man is dead after an early morning stabbing Monday at a rooming house at 248 Austin St. N. in North Point Douglas. He was taken in critical condition to hospital, where he later died. No other information was released. **SHANE GIBSON/METRO**

## Aboriginal affairs. Former grand chief says auditors are unfairly attacking him

A former Manitoba aboriginal leader accused by federal auditors of squandering thousands of dollars on travel and questionable expenses says he is being unfairly targeted.

Murray Clearsky, former grand chief of the Southern Chiefs' Organization, says he has receipts for many of the expenses and can justify them. But he says he was never given a chance to repay the money or explain the expenses.

In a letter to the organization, Aboriginal Affairs says auditors found \$261,000 in questionable spending — just over half the federal funding the organization receives. The letter highlights almost \$39,000 withdrawn on a debit card during a trip to Minneapolis.

Current Grand Chief Terrence Nelson claims the federal government is using audits to target aboriginal groups seen as unfriendly. **THE CANADIAN PRESS**



# Police chiefs not yet asked to endorse public inquiry

**Tina Fontaine's death.** Murder and disappearance of aboriginal women on law enforcement's radar, says police-chief association head



Chief Const. Jim Chu, president of the Canadian Association Chiefs of Police. TORSTAR NEWS SERVICE FILE

The head of the Canadian Association of Chiefs of Police says the number of missing and murdered aboriginal women is "on the radar" of the country's law enforcement leaders.

But Chief Const. Jim Chu of the Vancouver Police Department, who is the association's outgoing president, avoided taking sides in what has become a politicized debate over the need for a public inquiry.

Hundreds of the nation's top officers gathered Monday for their annual general meeting in Victoria, where Chu said the association's policing with aboriginal people committee had already met for a couple of days to discuss the issue.

"They've had an extensive discussion on it," said Chu, referring to the committee.

"One thing that hasn't happened is the groups that are calling for the national inquiry

have not asked us to support their request.... The details on the nature of the request and the nature of the inquiry, we need to get them."

Chu said the association will reach out to the Native Women's Association of Canada and other groups to get those details.

"And then we'll come out with a position," said Chu.

The death of teenager Tina Fontaine in Winnipeg has renewed calls for an inquiry. The 15-year-old was found Aug. 17, wrapped in a bag and dumped in the Red River. She had been in Winnipeg less than a month when she ran away from foster care. TORSTAR NEWS SERVICE

## London, Ont.

### Declared dead in 1986, missing man alive in U.S.

A man missing for almost 40 years and declared dead by the courts has been confirmed alive by the OPP.

Police discovered that Ronald Stan, reported missing following a 1977 fire in a community outside London, Ont. — later declared dead in 1986 — is alive and resides in the U.S. as Jeff Walton. The investigation was reopened in July as part of a routine case audit.

The affected families have been notified and the case is considered closed. THE CANADIAN PRESS

## Denver via Chicago

### Passengers force flight diversion

Two United Airlines passengers entered a heated argument Sunday as one prevented the other from reclining in their seat.

A male passenger was using the Knee Defender, a gadget that attaches to a passenger's tray table, which kept the passenger in front of him from reclining.

The gadget is prohibited by United Airlines, but when the man refused to remove it, the female passenger in front of him turned and threw water in his face. The flight was rerouted to Chicago; both were left there while their flight continued on to Denver. THE ASSOCIATED PRESS

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# Harper joins the search for a piece of Canadian history

## Franklin expedition.

PM, during his tour of the North, gets a look at the tools being used to solve the mystery of doomed 1845 voyage

The final resting place of the lost ships of the Franklin expedition may remain a mystery for at least another summer.

A thick pack of sea ice is blocking a key part of the search area, making it inaccessible to ships.

The two ships of Sir John Franklin's doomed 1845 expedition — HMS Erebus and HMS Terror — are believed to be somewhere in the Victoria Strait off the west coast of King William Island, perhaps as far down as the Queen Maud Gulf off the Adelaide Peninsula.

Ryan Harris, an underwater archeologist who is one of the people leading the Parks Canada search, says it's only a matter of time before the remnants of the expedition are found.



Prime Minister Stephen Harper stands on the bow of the HMCS Kingston as it sails in the Navy Board Inlet on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

Four vessels are leading the search this summer, and Prime Minister Stephen Harper, who is on his annual tour of the North, got a first-hand look at some of the tools being used.

He boarded a naval vessel at Pond Inlet that travelled west to Eclipse Sound. Upon arriving at a picturesque spot surrounded by ice-capped mountains, Harper and his wife, Laureen, got in a Zodiac and motored out to one of two gigantic icebergs towering in the water.

The prime minister then helped lower an autonomous

underwater vehicle into the frigid water. It was the closest Harper had ever been to an iceberg. "I've never been that close to a big chunk of ice. It's huge," he said. "That was great. Really exciting."

Harper said the lost Franklin ships are an iconic piece of Canadian history. "It ultimately isn't just a story of discovery and mystery and all those things — but it's also really laying the basis for what's in the longer-term Canadian sovereignty," he said.

## Quoted

"One day we're just going to come around the bend and there's going to be the ship and Franklin's skeleton slumped over the helm and we're going to find it."

Prime Minister Stephen Harper, expressing confidence the vessels would soon be found

underwater vehicle into the frigid water.

It was the closest Harper had ever been to an iceberg.

"I've never been that close to a big chunk of ice. It's huge," he said. "That was great. Really exciting."

Harper said the lost Franklin ships are an iconic piece of Canadian history.

"It ultimately isn't just a story of discovery and mystery and all those things — but it's also really laying the basis for what's in the longer-term Canadian sovereignty," he said.

"Because it's a mystery, and we've got to solve it."

THE CANADIAN PRESS

## London, Ont.

## 'Stalk' your TA article called a 'how-to' for sexual harassment

A suggestion that students should "stalk" teaching assistants to get a date with them has landed Western University's student newspaper in hot water.

The editor-in-chief of the Western Gazette in London, Ont., is standing by his frosh week issue and refusing to apologize, despite anger on social media.

Under the heading "do your research," the Gazette article says: "Facebook stalk and get to know your TA."

Editor-in-chief Iain Boekhoff insists the article isn't sexist and is part of a humorous section of the paper, but others are offended by the piece, and are to demanding an apology.

"If you're talking about sexual harassment on campus as a how-to list, this is a real problem that exists every day," said London marketing professional Diana Tamblyn. **MIKE DONACHIE/METRO IN LONDON, ONT.**



## Tranquilizer put to use to catch loose moose

A young moose stands behind a window in an administration building of Siemens in Dresden, Germany, on Monday. The moose evaded capture before getting stuck inside an office building, tantalizingly close to the canteen. A spokesman for the Dresden police said the young bull walked into the building housing German industrial giant Siemens shortly before lunch. Marko Laske said officers and wildlife officials spent six hours trying to shoo the moose into a container, but eventually had to resort to using a tranquilizer gun after he refused to follow orders. The animal, likely to have come from neighbouring Poland, will be released back into the wild. Scan the photo with your Metro News app to see a video of the stuck moose. **ARNO BURGI/DPA/THE ASSOCIATED PRESS**





## Iran claims it shot down Israeli drone near nuke site

This undated photo, released Monday by the Iranian Revolutionary Guards, purports to show the wreckage of an Israeli drone which Iran claims it shot down near an Iranian nuclear site over the weekend. A brief video, aired on the Arabic-language Al-Alam TV, shows what the channel says are parts of the drone, scattered in an unidentified desert area. Israel's military has refused to comment on the matter.

SEPAHNEWS/THE ASSOCIATED PRESS

# Liberian dies after getting experimental Ebola drug

## Doctor given ZMapp.

Meanwhile, Canada working on another potential vaccine

A Liberian doctor who received one of the last doses of the experimental Ebola drug ZMapp has died, officials said Monday, as Canada said it has yet to send out doses of a potential vaccine that the government is donating.

The experimental vaccines are still at a Canadian laboratory, said Patrick Gaebel, spokesman for the Public Health Agency of Canada, who declined to speculate how many weeks it could be before those are given to volunteers. "We are now working with the (World Health Organization) to address complex regulatory, logistical and ethical issues so that the vaccine can be safely and ethically deployed as rapidly as possible," Gaebel said.

Only six people in the world are known to have received the untested drug ZMapp. The small supply is

### New treatment?

Japan said Monday it is ready to provide a newly-developed anti-influenza drug as a possible treatment for Ebola.

- Avigan was developed by Toyama Chemical to treat new and re-emerging influenza viruses.

now said to be exhausted and it is expected to be months before more can be produced by its U.S. maker.

A Spanish missionary priest infected with Ebola also received the treatment but died. There was no update given on the two other Liberians who took the last known available doses of ZMapp.

Meanwhile, the family of 29-year-old volunteer nurse William Pooley, the first British citizen confirmed to be infected with Ebola, said he is receiving excellent care at an isolation ward in London's Royal Free Hospital after being evacuated from the capital of Sierra Leone.

THE ASSOCIATED PRESS



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# Thousands pack church in St. Louis to mourn slain teen Michael Brown

## 'Break for funeral.'

Father asked protesters for a 'day of silence' Monday to let the family grieve

The mourners filled an enormous church to remember Michael Brown — a “gentle giant,” aspiring rapper and recent high-school graduate on his way to a technical college.

But the funeral that unfolded Monday was about much more than the black 18-year-old who lay in the closed casket after being shot to death by a white police officer.

More than 4,500 mourners filled Friendly Temple Missionary Baptist Church in St. Louis for the service, which at times seemed like a cross between a gospel revival and a rock concert. The emotional service sought to consecrate Brown's death as another in the long



Lesley McSpadden, the mother of Michael Brown, cries during her son's funeral at Friendly Temple Missionary Baptist Church in St. Louis on Monday.  
NEW YORK TIMES/RICHARD PERRY/THE ASSOCIATED PRESS

history of the civil rights movement and implored black Americans to change their protest chants into legislation and law.

The Rev. Al Sharpton called for a movement to clean up

police forces and the communities they serve.

“We’re not anti-police. We respect police. But those police that are wrong need to be dealt with just like those in our com-

munity that are wrong need to be dealt with,” Sharpton said.

Sharpton also took the black community to task, saying it should be as upset about black-on-black crime as it is about

police violence: “We have to be outraged by our disrespect for each other.”

“Blackness,” he added, “has never been about being a gangster or a thug.”

## Call for action

“Show up at the voting booths. Let your voices be heard, and let everyone know that we have had enough of all of this.”

Eric Davis, a cousin of Michael Brown's

Brown's death fuelled nearly two weeks of street protests in the St. Louis suburb of Ferguson. But the teen's father, Michael Brown Sr., asked protesters to observe a “day of silence” on Monday to let the family grieve.

At the Ferguson Police Department, where a small but steady group of protesters have stood vigil for two weeks, a handmade sign announced a “break for funeral.”

Brown was unarmed when he was shot on Aug. 9 by officer Darren Wilson. A grand jury is considering evidence in the case, and a federal investigation is underway. **THE ASSOCIATED PRESS**

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For complete details, talk with your retailer or contractor today. Or call **204-480-5900** in Winnipeg, **1-888-624-9376** or visit [hydro.mb.ca/hip](http://hydro.mb.ca/hip).

\*Manitoba Hydro is a licensee of the Trademark and Official Mark.



## Poll. Students need to get an education on actual costs of a post-secondary education

Post-secondary students grossly underestimate the cost of school, not to mention how much support they'll need from their parents, a new survey shows.

The online poll, conducted in July for CIBC, found that 67 per cent of parents were willing to pay for two-thirds of their children's post-secondary education while, on average, their kids believed their parents were footing only a third of the bill.

But in a twist — 41 per cent of students surveyed still thought their parents were paying too much. Those respondents said parents should only be covering a quarter of the cost or less.

On average, parents expected the entire cost of each child's post-secondary education would be \$64,300.

"Part of the disconnect between parents and their children is likely that students aren't accounting for all of the costs beyond

**Whaaat?!!**

# \$64,300

On average, parents expected the entire cost of each child's post-secondary education would be \$64,300.

tuition," said the head of CIBC's online brokerage.

Millennials aren't fully cognizant of the true cost of a degree or diploma, she said.

"The conversation between parents and students about the full costs of education, and how to pay for it, needs to start long before the first tuition payment is due."

"While it's clear from our polling that parents want to help pay for their children's post-secondary education, in most cases they are taking on the lion's share of a rapidly rising expense — and covering far more than their kids realize," she said.

THE CANADIAN PRESS

# Do you want a Whopper with that double-double?

**Well, too bad.** While Tim Hortons and Burger King may merge there is 'zero chance' of cross-over at the two fast-food chains

**Brewing up big biz**

- Burger King**  
Established in 1954. Headquarters are currently in Miami, with a market capitalization of \$11.03 billion US, according to FactSet. It has more than 13,000 restaurants in 98 countries and territories globally.
- Tim Hortons**  
Established in 1964. Headquarters are currently in Oakville, Ont., with a market capitalization of \$10.96 billion US, according to FactSet. It has more than 4,500 restaurants in Canada, the U.S. and the Persian Gulf area.

THE ASSOCIATED PRESS

A deal between Tim Hortons and Burger King could finally help the coffee and doughnut chain successfully expand into the U.S. market, but it shouldn't mean customers will see any changes when they visit either fast-food chain.

Ken Wong, a marketing expert with Queen's University, said it is all about the U.S. for Tim Hortons.

"They've had some difficulty penetrating the U.S. market with dedicated Tim Hortons franchises and part of that is, of course, that while the brand is one of Canada's strongest, it really doesn't have much resonance in the U.S., especially up against Dunkin' Donuts," Wong said.

The companies confirmed Sunday that they are in talks and that the Oakville, Ont.-based Tim Hortons and the Miami-based Burger King would operate as stand-alone brands if they were to go

ahead with a deal.

Jim Danahy, chief executive of consultancy CustomerLab, says the deal makes sense for Tim Hortons, given that the company has made it clear that it needed a partner on the ground in the U.S.

"They acquire, with this merger, access to the franchisees who own and operate more than 3,500 restaurants in the United States," Danahy said.

"It's access to the people who understand the U.S. market, infrastructure, distribution. It's not an insignificant benefit, and it's one that management said they were looking for."

Despite the sense of patriotism many Canadians may feel while drinking Tim Hortons coffee, the company has been owned by a large U.S. chain before. It was purchased by Wendy's International Inc. in 1995 and spun off from Wendy's in 2006 after

becoming a publicly listed company.

But while Tim Hortons dominates the Canadian coffee market, it has struggled to find success in the U.S., and has faced increasing competition at home in recent years from Starbucks Corp. and McDonalds Corp.

After taking over the top job last year, Tim Hortons chief executive Marc Caira launched a wide-ranging review of the company's priorities and ideas that could boost its reputation with both domestic and international consumers.

Tim Hortons has since added new menu items such as a crispy chicken sandwich and side dishes to boost breakfast and lunch sales. But that doesn't mean customers should expect to get a Whopper with their double-double if the deal goes through.

"There's zero chance you'll see Tim Hortons coffee in Burger King restaurants — Tim Hortons is not a well-known brand in the United States, it's not like you're putting Starbucks in there," Danahy said.

"It would have zero benefits for Burger King. It would only serve to make it more difficult for the owners of the company to sell off one or the other at some point in the future (and) that's what private equity is there to do."

If there was a deal, Burger King would be able to shave its U.S. tax bill in what's called a tax inversion, a move that has become increasingly popular among U.S. companies trying to cut costs. Tim Hortons actual tax rate so far this year has been about 28 per cent, up from about 26 per cent last year, increased in part because of its higher long-term debt, which isn't eligible for a full tax benefit.

In an inversion, a U.S. company reorganizes in a country with a lower tax rate by acquiring or merging with a company there. Inversions allow companies to transfer money earned overseas to the parent company without paying additional U.S. taxes.

THE CANADIAN PRESS

**Hacker group**

## Sony's PlayStation network hacked

Hackers infiltrated Sony's PlayStation Network and disrupted the travel plans of a top company executive by going on Twitter to suggest that there was a bomb on his American Airlines plane.

Sony Corp. says American cut short the executive's flight on Sunday and made an unplanned landing in Phoenix.

THE ASSOCIATED PRESS

**Market Minute**



**DOLLAR**  
91.07¢ (-0.30¢)



**TSX**  
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**OIL**  
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**GOLD**  
\$1,278.90 US (-\$1.30)

**Natural gas:** \$3.94 US (+\$0.07)  
**Dow Jones:** 17,076.87 (+75.65)



Left: Getty Images; Right: The Associated Press file

Pg. 239  
beats a  
movie  
night out.

The Most  
Helpful Book  
in the World  
is here.



# ARE THEY SINGLE? MAYBE, UM, ASK

If you're scrolling and swiping through an online dating site or app it's easy to assume that the men and women on screen are in fact available (or at least they're pretending to be), but what happens when you lock eyes with an attractive stranger in real life?

Married couples wear rings as a sign of commitment and to show the world that they're off the market, but there isn't really a universal indicator for available men and women to use to advertise that they're single and ready to mingle.

Back in 2013, Rina Mardahl and Rob Young launched MY Single Band in an attempt to create a wedding ring equivalent for singletons. The colourful silicone wristbands were designed to help men and women indicate their relationship status and attract potential mates. In a news release, Mardahl and Young claimed the bands — priced at around \$10 a pop — were “the future of dating” and



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

would “increase new encounters, lower the fear of first introductions, and suit busy modern lifestyles.”

Unfortunately, it seems, the masses weren't inclined to wear their hearts on their sleeve, or on their wrists. One year later, the mysingleworld.com website is offline and I think it's safe to say that the not-so-subtle wristbands didn't exactly revolutionize the dating landscape in the way the creators had hoped.

Perhaps MY Single Band didn't take off because the product looked so similar to the ubiquitous Livestrong bracelets and other charitable accessories. Or perhaps it was because most people don't want to appear desperate by wearing a brightly coloured rubber

wristband that screams, “I'm Single!”

Even online, a large percentage of Facebook users choose not to indicate whether they are “Single” or “In a Relation-

**Who knew rubber bracelets wouldn't be cool forever?**

Unfortunately, it seems the masses weren't inclined to wear their hearts on their sleeve, or on their wrists.

ship” out of privacy concerns. Personally I've never been one for public declarations of romantic availability; I just can't imagine going through a painful real life breakup and then having to log in to my Facebook account to revise my relationship status for my entire extended social circle to see.

Ultimately the easiest way to determine if someone is available is to simply strike up a conversation. It's a daunting task to enquire after a stranger's romantic life, but you'll never know unless you try. And even if the object of your affection turns you down, getting rejected momentarily is certainly less embarrassing than wearing an obnoxious bracelet around 24-7 to broadcast your singledom.

## One in two million



**A rare blue lobster is being donated to the Maine State Aquarium.** MEGHAN LAPLANTE/THE ASSOCIATED PRESS

### Skyler the lobster avoids death by seafood-lover's special due to rare blue colouring

A lobsterman says one of his traps caught a one-in-two-million crustacean: A blue lobster.

WCSH-TV reports Jay LaPlante of the Miss Meghan Lobster Catch company caught the curious creature in Scarborough,

Maine, over the weekend. LaPlante and daughter Meghan were hauling traps when she discovered the bright blue critter.

The story has a happy ending for the lobster. Meghan says she is naming it Skyler and donating it to the Maine State Aquarium, far from any dinner rolls or pats of butter.

The aquarium says it has three other blue lobsters and an orange one.

LaPlante says it's the first time he has caught a blue lobster.

**THE ASSOCIATED PRESS**

### More special than Skyler:

According to Wikipedia, lobsters change in colour because of a rare genetic mutation.

- Even rarer is the yellow lobster, the mottled black and orange lobster, the hermaphrodite chimera lobster and the rarest of the rare crustaceans — a colouring found only once in every 100 million lobsters — the albino lobster.

## METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 6 in News, page 11 in Scene and page 18 in Sports

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## MetroTube

**Da na na na  
na na na na ...**



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Sometimes it feels like we'll never crest Peak Batman — that we're stuck with “not the \_\_ we need, but the \_\_ we deserve” forever. And so on. “Why so serious?” you may ask, which is fair enough. But maybe it's time we moved on, and found a new totem to bounce our darker pop culture reference off. Because — wait — pardon me? Somebody was driving what while wearing a cape? OK, fine. The Batman obsession can stay. (YouTube/Tony Cheng)



WARNER BROS



# Breaking Bad and Modern Family get Emmy's love

## Emmy Awards.

Networks dominate top awards for shows and actors, as tribute to Williams and Weird Al parody draw raves

Modern Family won a record-tying fifth best comedy series Emmy Award and a dominant Breaking Bad captured the top drama award and a trio of acting honours in Monday's ceremony, which took a sombre turn as Robin Williams was remembered with restraint and grace by his longtime friend, Billy Crystal.

"He made us laugh. Hard. Every time you saw him," Crystal said of Williams at the conclusion of a tribute to industry members who died last year. "Robin Williams, what a concept."

Bryan Cranston was honoured as best actor in a drama for Breaking Bad, proving that True Detective nominee Matthew McConaughey's movie-star appeal couldn't conquer all.

"I have gratitude for everything that has happened," Cranston said. His victory ties him with four-time best drama actor champ Dennis Franz. Cranston's co-stars Aaron Paul and Anna Gunn were honoured in categories for best drama supporting acting.

"Thank you for this wonderful farewell to our show," creator Vince Gilligan said of the series about a teacher-turned-drug kingpin that ended with a bang.

The Good Wife star Julianna Margulies won the Emmy for best lead actress in a drama series. "What a wonderful time for women on television," Margulies said.

McConaughey was the object of too-handsome jokes by presenter Jimmy Kimmel and adoration by winner Gail Mancuso, honoured as best director for an episode of Modern Family.

"If you don't mind, Matthew McConaughey, I'm gonna make eye contact with you right now," she said from the stage, making good by holding the actor's gaze for much of her speech.

The ceremony honouring



Weird Al Yankovic performs a parody routine about the top nominees. Musical numbers usually look out of place at the Emmys, and this one was no different. GETTY IMAGES, ALL AR PHOTOS ASSOCIATED PRESS UNLESS OTHERWISE INDICATED



Julia Louis-Dreyfus, best comedy actress for Veep. ASSOCIATED PRESS



Billy Crystal offered a tribute to Robin Williams. GETTY IMAGES

the best of TV wasn't shy about playing the movie-star card. "Six minutes to Woody Harrelson" flashed on screen during Colin Bucksey's acceptance speech for best miniseries direction for Fargo.

Harrelson and his True Detective co-star were given time to banter before announcing that Benedict Cumberbatch of Sherlock: His Last Vow was the winner of the best miniseries actor award.

"So you won Oscar, (People magazine's) Sexiest Man Alive and now you want an Emmy, too. Isn't that a little bit greedy?" Harrelson teased his fellow nominee.

Fargo was named best

miniseries, and the award for best miniseries actress went to Jessica Lange of American Horror Story: Coven.

Buffering the miniseries awards was a parody routine about top nominees by Weird Al Yankovic. Musical numbers usually look out of place at the Emmys, and this one was no different. Other scripted banter fell flat, although host Seth Meyers kept soldiering on.

CBS' The Big Bang Theory star Jim Parsons was crowned as best comedy series actor, giving him his fourth Emmy and putting him in league with all-time sitcom winners Kelsey Grammer and Michael J. Fox.

ABC's Modern Family,

which tied Frasier as the all-time sitcom champ with five statuettes, also captured a best comedy supporting actor trophy for Ty Burrell.

Allison Janney was honoured as best supporting comedy actress for CBS' Mom, adding to the trophy she'd already picked up as guest actress on Masters of Sex.

Julia Louis-Dreyfus, who received her third consecutive best comedy actress Emmy for the political comedy Veep, drew big laughs as she stopped to exchange faux heated kisses with Cranston, who earlier was her co-presenter and who appeared with her on Seinfeld.

THE ASSOCIATED PRESS

## AUGMENTED REALITY

→ Think their costumes are over the top? Scan this code with your Metro News app to see some of the looks that graced the Emmy Awards' red carpet this year!



→ See the full instructions on Metro's Voices page.

## On top of TV

Here are the key winners. For full list, go to metro.ca.

- **Drama Series.** Breaking Bad, AMC
- **Actor, Drama.** Bryan Cranston, Breaking Bad
- **Actress, Drama.** Julianna Margulies, Good Wife
- **Supporting Actor, Drama.** Aaron Paul, Breaking Bad
- **Supporting Actress, Drama.** Anna Gunn, Breaking Bad
- **Comedy Series.** Modern Family, ABC
- **Actor, Comedy.** Jim Parsons, Big Bang Theory
- **Actress, Comedy.** Julia Louis-Dreyfus, Veep, HBO
- **Supporting Actor, Comedy.** Ty Burrell, Modern Family
- **Supporting Actress, Comedy.** Allison Janney, Mom

## Milestone moments

- **Jim Parsons of The Big Bang Theory.** Best comedy actor for a fourth time, tying him with Kelsey Grammer and Michael J. Fox.
- **Bryan Cranston, Breaking Bad.** Best drama actor for the fourth time, tying him with drama champ Dennis Franz.

2 SCENE

## Lohan's party spree goes to hell in an unfiled bucket challenge

Recent reports suggested that Lindsay Lohan had been reaching out to her sober friends, but maybe it was just to taunt them. The on-again, off-again party girl has been on a spree, apparently, hitting four nightclubs in two different countries in one week, according to Radar Online. Lohan started her week enjoying herself at London's swanky Chiltern Firehouse until 3 a.m. and was all smiles when she snuck out the kitchen door. But then she headed to New York, where her revelry didn't go as well. On the first night, she hit up club Up & Down, where she reportedly tried to do an ALS Ice Bucket Challenge video — except no one was filming it. Then at two separate nightclubs, Lohan pitched a fit when she



Lindsay Lohan ALL PHOTOS: GETTY IMAGES

couldn't get the table she wanted, according to sources. Looks like she was onto something with her whole "I want to move to England permanently" thing.

## Chris's split with old gang ends with a bang bang

So what was behind the nightclub shooting this weekend that put a damper on some pre-VMAs festivities? As one source who's a big fan of understatement puts it, things went south "when a group of men tried to murder Chris Brown." Hate when that happens. According to MediaTakeOut.com, the impetus for the shooting was Brown's recent attempts to change his social scene post-rehab. "Chris used to run with a bunch of gang bangers who were really scary. When



Chris Brown

he got out (of rehab), he cut them all off," a source tells the website. "I guess they're upset about that."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Taylor Swift

## Lena helps gal-pal Taylor get Swift about what it means to be a feminist

It's a regular old gal-pal love-fest between Taylor Swift and Girls creator Lena Dunham, who just can't say enough nice things about each other. Swift insists that her evolving views on feminism are all thanks to her friendship with Dunham. "As a teenager, I didn't understand that saying you're a feminist is just saying that you hope women and men will have equal rights and equal op-

portunities. What it seemed to me, the way it was phrased in culture, society, was that you hate men," Swift tells the Guardian. "Becoming friends with Lena — without her preaching to me, but just seeing why she believes what she believes, why she says what she says, why she stands for what she stands for — has made me realize that I've been taking a feminist stance without actually saying so."

### The Word

## Oops! Katy did it again — and Britney loved it



NED EHRBAR  
Metro in Hollywood

Some things never change, like Britney Spears' ridiculous fashion sense. What seemed like a terrible idea 13 years ago — matching all-denim ensembles — is still a terrible idea, as Katy

Perry proved at the VMAs, teaming up with rapper Riff Raff to don a dress and suit made from poor, mistreated blue jeans in homage to Spears and then-boyfriend Justin Timberlake's infamous red carpet look from the VMAs in 2001. So what did Spears think of the tribute? You might be shocked to learn that she's totally into it. "Just when I thought the denim dress had retired... you bring it back! You looked amazing," Spears tweeted at Perry.

### Twitter



@KChenoweth

I've learned about hair loss, catheter placement, and meds that cause teenage boys to grow boobs. No more tv in the middle of the night.



@ZacharyQuinto

my simultaneous infatuations with ann dowl and beyoncé are somewhat perplexing and yet all the more inspiring for their incongruousness.



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# The roots of bad hair days

## Emotional well-being.

Are we being shallow when our mane affects our mood, or is the feeling much more complex?

IZABELA  
SZYDLO  
life@metronews.ca

You can curl it or straighten it, gel it or leave it loose, cut it short or let it grow — all depending on your mood.

Hair is a huge part of our identity, so it is no surprise that a bad hair day can leave us feeling pretty low.

“Understand that this isn’t superficial,” says Dr. Vivian Diller, a clinical psychologist in New York. “I always remind people that we are raised to associate a head of hair with health, and lack of hair with illness. So, bad hair days actually do make us feel bad.”

“Bad” may be an understatement. A Yale University study of men and women ages 17 to 30 concluded that even the thought of a bad hair day made both genders believe they weren’t as smart as others.

Socially, men said they felt more nervous and less self-confident, while women reported feeling embarrassed, ashamed and self-conscious when experiencing bad hair days.

Diller attributes these differences to gender identity.

“The commonality of having a bad hair day is people feel out of control,” she says.

“Men have a bit more comfort with bad hair days because their identity is more rooted in power. Women’s identity, while they have worked very hard to combat it, still goes back to



Did you know that gender roles play into how women and men feel during bad hair days? ISTOCK

their appearance. That’s probably hard-wired because of the role that we played in the survival of the species. Women’s role was to attract a mate and procreate. Men’s role was to take care of everybody.”

And while Diller says the old adage “what’s on the inside counts” is true, so is another saying: “When you look good

you feel good, but when you feel good you also look better,” she says. “There is definitely a feedback loop.”

Does that mean we have become a more narcissistic society? Diller doesn’t think so. Instead, she says what has changed is our accessibility to images of “perfection,” which plays into our mental crises

when our hair refuses to be tamed.

“Hair has always been important,” she says, referencing historical figures like Cleopatra with her jet-black tresses and Samson, whose strength was dependent on his locks.

“But the fact that we have social media and imagery that can be altered by the everyday

## Gender roles

“The commonality of having a bad hair day is people feel out of control.”

Vivian Diller, clinical psychologist on a study that shows during bad hair days women feel embarrassed, ashamed and self-conscious, while men feel nervous.

person has put a kind of pressure on looking perfect. If a bad hair day feels like it is going to ruin your whole day or self-esteem, then you are falling victim to this idea that to feel good, we have to be flawless.”

Tara Gosling, Toronto-based stylist at Small Talk Barber Shop and Salon, and Jezreel Batson, a barber who owns JB Barber Design in Scarborough, Ont. regularly deal with clients singing the hair day blues.

Gosling says it’s vital to remember that a bad hair day is exactly that.

“You have to remind yourself that what you’re feeling is really in your head, and it’s temporary,” she says. “All it takes is one person to change it with a compliment because what you feel doesn’t always reflect what you look like.”

Batson, meanwhile, recommends recognizing that while hair is an important part of who you are, it isn’t your entire identity.

“Having the ability to utilize hair as a component of self-expression adds to a person’s holistic well-being,” says Batson.

“However, being in an industry of trends, I know expression is based on what someone is feeling at the moment, not who the person truly is. Because it can be so easily altered, expression through hair is fleeting — just like a bad hair day.”

## Tips and tricks

### Tame your mane

Hair stylist Tara Gosling and barber Jezreel Batson share their tips to minimize bad hair days and how to face them head on when your hair just won’t co-operate.

#### It starts with the cut

“Your hair will change day to day, depending on heat, humidity and the type of shampoo and products you use. But having a haircut that actually suits your lifestyle is key,” says Gosling.

“That’s why honesty is a really important factor. If someone wants to cut their hair into a pixie cut, the first thing I say is, ‘Are you ready to come get your hair cut every four to six weeks?’”

“Lastly, make sure your stylist actually teaches you how to style it and makes sure you are comfortable before you walk out the salon.”

Another key, adds Batson, is sticking to what you know or making gradual changes.

“Find some sense of consistency with what you feel comfortable with in terms of your style. Every once in a

while it’s good to be edgy or trendy, but if but you know what works for you and you stay consistent, you can avoid the bad hair days.

“Usually bad hair days have to do with something that’s gone astray from the norm.”

#### Be creative

“There are tips and tricks, of course,” says Gosling. “For example, putting your hair up shows more of your face, so you can highlight that.”

“Or, if you’re feeling frumpy one day and you want to be comfortable, ask your

stylist to show you a cool braid and all of a sudden you’ll feel polished and have something different you can try with your hair.”

#### What you put in matters

“Products are very important because they play a role in terms of hair health,” explains Batson. “You want to make sure that long-term you don’t do anything that negatively affects your hair, so it’s important that you know what ingredients you’re putting in.”

“You also have to make sure that you’re using something that is functional and



works for your lifestyle. Some people, for example, have active lifestyles and they may not have time for thicker, heavier types of products.”

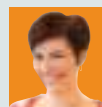
IZABELA SZYDLO

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# Imitation is the sincerest form of flattery — and it tastes good, too

## Health Solutions

### Vegan is not synonymous with bland or boring



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Talk to Michael Abramson, owner and operator of Yamchops, Toronto's first vegan butcher shop, and he will tell you that he doesn't feel like a weirdo anymore.

While only "six per cent of Canadians call vegetarianism their way of life, 35 per cent of us incorporate meatless meals three days per week or more," he says.

It is a growth market with famous vegans like Bill Clinton, Ellen Degeneres, Paul McCartney and Gwyneth Paltrow lending their voices to the movement.

Needless to say, moving in the direction of plant-based eating is well known, well supported and now, well, delicious.

Abramson's tips for moving in this direction include:

- Make vegan foods familiar in mouth feel and taste to traditional

foods.

- Focus on flavour and intensity; bland is brutal in any cuisine.

- Look for the fourth generation of soy: HME (High Moisture Extrusion), which is a soy and pea protein product ready to address any taste.

- Think about cold-press juicing. Cold pressing preserves all of the enzymes and nutrient as no heat, pasteurization or friction interferes with the living tonic.

If you are new to plant-based dining, Abramson suggests that you experiment and explore.

Check out ethnic markets for new greens and beans and seek inspiration at places like Yamchops and liven up your regular meals with it.

You can benefit from the experience of those who have come before you.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



This recipe serves four. THERESA ALBERT

### Tuna-less Tuna Sandwich. If you're looking to explore vegan dishes, this is a great starting point

**THERESA ALBERT**  
myfriendinfood.com

This high-nutrient, high-protein mixture tastes almost like tuna salad.

It is a great make-ahead item that can be added to sandwiches or salads for a

complete meal.

It is also a great way to start working more plant based food into your day.

1. Soak chickpeas overnight (approximately two cups if soaking) or use

canned. If using dry, drain and cook in lightly boiling water until tender.

2. Mash chickpeas with a potato masher to break them up to "tuna" size pieces.

3. Add onion, celery, pickles and capers and mix well. Add nori, salt and pepper, veganaise and mix.

4. Store in fridge up to 3 days. Use as sandwich filling or salad toppings.

RECIPE COURTESY OF YAMCHOPS VEGAN BUTCHER (YAMCHOPS.COM).

#### Ingredients

- 3 cups cooked chickpeas (or canned)
- 2 tbsp finely diced red onion
- 1/2 cup finely diced celery
- 1/4 cup chopped pickles
- 1/4 cup rinsed capers
- 2 tbsp nori flakes
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 cup veganaise or mayonnaise

### FLASH FOOD



From your fridge to your table in 30 minutes or less



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

## Real deal: Fish BLT Pita

1. Heat oven to 350 F. Line baking sheet with parchment.

2. In skillet over medium, cook bacon until crisp, then transfer to paper towels to drain.

3. In bowl stir basil, mayo and lemon juice. Set aside.

4. Season fish with salt and pepper. On sheet parchment, combine flour with paprika. On a second sheet of parchment, spread panko. In a shallow dish, lightly beat egg whites.

Coat fish first in flour mixture, then dip it in egg whites, letting excess drip off, then dredge in panko, coating well.

5. In nonstick skillet over medium-high, heat 1 1/2 tablespoons of oil. Add fish and cook until lightly browned on bottom, 2 minutes. Turn fish, add remaining oil and cook until golden on the second side, about another 2 minutes.

6. Transfer fillets to one end of the prepared baking sheet.

Wrap pita rounds in foil and place at the other end of baking sheet. Bake 5 minutes, or until the fish is just cooked through.

7. To serve, spread some basil mayo on the cut sides of pita rounds. Top 4 of the rounds with piece of bacon, broken in half, a piece of fish, followed by some sliced tomatoes, a piece of lettuce and second pita round, mayo side down. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

#### Ingredients

- 4 slices bacon
- 1/2 cup basil leaves, finely chopped
- 1/2 cup light mayonnaise
- 4 tsp lemon juice
- 4 small tilapia fillets
- Salt and ground black pepper
- 2 tbsp all-purpose flour
- 1 1/2 tsp smoked paprika
- 3/4 cup panko bread crumbs
- 2 large egg whites
- 2 1/2 tbsp extra-virgin olive oil
- 4 small whole wheat pita pockets, halved to form 8 rounds
- 1 tomato, sliced 1/3 inch thick
- 2 large romaine lettuce leaves, halved crosswise



# Turn social media skills into an opportunity

Social media isn't going away — and educators are embracing it to complement their teachings rather than rule it out as a distraction.

At Herzing College, the new media coordinator program will teach students how to harness the power of the 'like', 'tweet', and 'share', and turn them into a career.

"This course couldn't be more relevant," says Robin Day, Winnipeg Campus

academic dean, citing a report by Social Media Examiner, which found that 86 per cent of marketers indicate that social media is important for business.

The nine-month program prepares graduates to work in the growing specialization of social media and online marketing, teaching them how to write for online media, traditional marketing and advertising concepts, search engine optimization techniques, and how to design and execute

social media strategies for business.

Herzing College is now accepting students into this program, which will run at multiple points throughout the year.

The program will run for 20 hours per week, Monday to Thursday.

Students of this program will also take part in a six-week internship (included in the nine months), where they will put their newly-acquired skills to practise.

For more information, visit [herzing.ca](http://herzing.ca).



SHUTTERSTOCK

## Bartending can be just the course for you

*Exchange Bartending School teaches service, speed, mixology skills*

When it comes to a night out with friends, or just relaxing at a pub after work, the service a customer receives can make or break their experience, and also determine whether or not they return to that establishment.

In these types of establishments, it is about people serving people.

At Exchange Bartending School, they will teach you that there is a lot more to tending bar than just knowing a few drinks.

"We are teaching one of the most exciting and social jobs on the planet," says Brandon Whyte, lead instructor/partner at Exchange Bartending School.

"Bartending is a job, make no mistake a servant's job, and a hard one."

Students of the course learn the balancing act of customer service, mixology skills, and sales, with speed and precision.

This program will give students an excellent head start to working behind any style of licensed establishment, with skills employers look for.



**Made with Love Cocktail Competition, Winnipeg Finals.** CONTRIBUTED

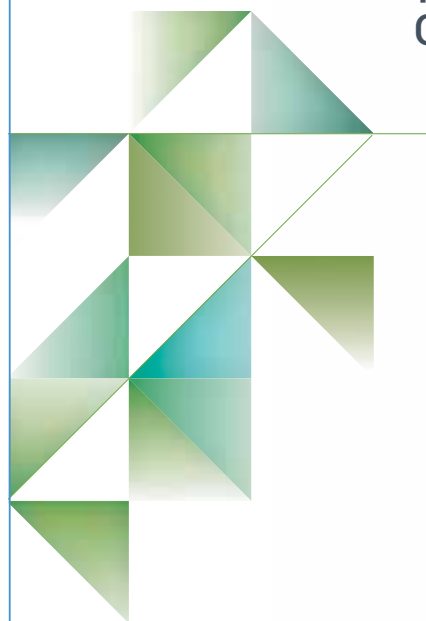
Whyte encourages all potential students and employers to come down to their facility and check them out, even sit in on a class.

Currently, Exchange Bartending School is offering two-for-one tuition on their six-day bartending certification program at a regular price of \$399.

To learn more about Exchange Bartending School, connect with them on Facebook, or visit [exchangebartendingschool.ca](http://exchangebartendingschool.ca).

## #Hashtag your way to a new career.

Inquire about our Media Coordinator program.



**HERZING  
COLLEGE**

204.775.8175  
[herzing.ca/winnipeg](http://herzing.ca/winnipeg)



Register Today at 204.881.1184 or [register@exchangebartendingschool.ca](mailto:register@exchangebartendingschool.ca)

Winnipeg, Manitoba

**Back to School Special**

# 2 for 1

at Regular Price of \$399

**Bartending Certification Program**

**For Employment** – get an excellent head start on a new career or part-time gig!

**For Fun at Home** – gain wicked new life skills & impressive hosting prowess!

**Come By and Check Us Out!**

We encourage all potential students and employers to come by for a visit of our training facility for a brief orientation or to sit in on a class, call today for an appointment!

<b>Tradition &amp; Fundamentals</b>	Learn the Age-Old Art and Culture of the Barkeep. Plus, the Secrets to Tending Your Bar.
<b>Product Knowledge</b>	Spirits, Wine, Beer, Liqueurs and, of course, Shooters. Set Yourself Apart, Look & Sound Like a Pro!
<b>REAL World Skills &amp; Techniques</b>	Not Only Do We Want You to Gain Confidence, We Want You to Stand Out ... At Work or With Friends!
<b>Professional &amp; Entertaining Instruction</b>	Passionate Mentorship From a Seasoned Pro ... Fun Factsoids, Bar Jokes & Tricks.
<b>After Grad Support &amp; Employment Help</b>	Resume Writing, Interview Coaching ... Hire-a-Gig Program (Actual Gigs!)

# Spa therapy workshop meets industry needs

*Wellington College offers classes Oct. 3-5 to any student or grad of massage therapy or esthetics*

As the spa industry becomes increasingly in high demand, the spa therapy and treatments workshop offered at Wellington College gives the massage therapist or esthetician an opportunity to grow their business and provide more services for their clientele.

This workshop is open to any student or graduate of a massage therapy or esthetic program and takes place Oct. 3 to 5.

"The spa therapies and treatments workshop will enable participants to understand and practise spa treatments," says Brie Timings, associate director, Wellington College.

Concepts covered will include: history and type of spa; types and benefits of spa therapy; hygiene and etiquette; body treatments; contraindications; skin physiology; thalassotherapy; product benefits and active ingredients of treatment products; relaxation massage, ritual treatment and facial knowledge, techniques, and application.

Students will be required to complete 15.5

## WHAT TO EXPECT

The spa therapies and treatments workshop is three days and will cover the following information:

- Spa theory, including history of the spa, types of spas, spa hygiene, etiquette, and retailing
- Body treatments theory including types and product ingredients, client consultation, and contraindications
- Scalp and relaxation massage
- Body exfoliation and wraps
- Body rituals and facials

practical hours of the treatments they have learned, after the workshop weekend.

These will be submitted to the instructor for approval of completion of the course, and a certificate in spa therapies and treatments will be issued.



CONTRIBUTED

Wellington College offers a number of workshops throughout the year.

One of their most popular workshops is the intro to massage workshop, which is open to those looking to learn more about a career in massage, or for those looking to just learn how to give a quality massage to friends or family.

Also this September, Wellington College is offering the introduction to aromatherapy,

which is also open to the public and no experience is necessary to register.

This workshop will cover the beginning stages of how to blend for a person's specific needs, and various methods of application.

For more information about the spa therapies and treatments workshop, visit [Wellingtoncollege.com/alumni/continued-education-workshops](http://Wellingtoncollege.com/alumni/continued-education-workshops).

Wellington  
COLLEGE

*your future is in your hands*

**call 204.809.9985**

or visit [massagetherapycareers.ca](http://massagetherapycareers.ca)



# Do something you're passionate about

*School can help you reach your second career*

Is it possible to switch careers from performing audits and preparing financial statements to de-boning a chicken, creating the perfect meringue, and chopping vegetables into uniform-sized pieces?

That's the plan, says Celia Clutton, 28, of Mississauga, Ont., who enrolled in Le Cordon Bleu Culinary Arts Institute in Ottawa last June.

Clutton's post secondary education started at York University in Toronto several years ago. She studied accounting and then earned her chartered accountant designation from the Canadian Institute of Chartered Accountants. But after working for a few years, Clutton realized it wasn't what she wanted to do long-term.

Now she's working towards Grand Diplôme® at Le Cordon Bleu Ottawa — and setting her sights on a career in the food business. Her goal is to work for a catering company or large hotel and eventually start her own catering company — where she will combine her cooking and finance skills.

## LE CORDON BLEU: AT YOUR SERVICE

Le Cordon Bleu is a famous culinary arts school that was founded in Paris in 1895. Today, it is an international network of culinary arts and hospitality institutes. At the Ottawa campus, students may obtain the internationally recognized Grand Diplôme® in less than a year. For more information, visit [lcbottawa.com](http://lcbottawa.com).

"I love French cuisine, and I thought it would be the best foundation for me in terms of starting a career."

One of the reasons Clutton enjoys the classes is they're small, and there's a lot of one-on-one time with the chef instructors.

"I had some 're-learning' to do ... I learned how to cut an onion properly and how to dice faster."

"In the pastry class, they teach you how to



Celia Clutton. CONTRIBUTED

make everything from pies to cakes without relying on thermometers or mixers. Everything's by hand in the first level, and I think that's the best way to go."

Clutton's love of food and cooking came early. At age nine she watched the Food Network after school, often asking her mom to

pick up groceries on her way home from work and then cooking the family a meal.

"I believe if you do something you're passionate about it's never going to be a job. You'll always wake up wanting to go to work and looking forward to the next day, and that's how I feel."

Take ...make.

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 **LE CORDON BLEU**  
OTTAWA



Munenori Kawasaki makes the late tag in the 10th as Brock Holt of the Boston Red Sox steals second base on Monday at Rogers Centre in Toronto.  
TOM SZCZERBOWSKI/GETTY IMAGES

# Drooping Blue Jays take one more hit

**Late comeback.** Three runs in the ninth fire up the Rogers Centre crowd but Red Sox win

Yoenis Cespedes singled home the winning run in the 10th inning Monday night as the Boston Red Sox survived a three-run Toronto comeback in the ninth to defeat the Blue Jays 4-3 and end their eight-game losing streak.

Shortstop Brock Holt singled off Aaron Sanchez (2-1) with one out and then stole

On Monday

4

Red Sox

3

Blue Jays

second — surviving an instant replay review — and third before Cespedes sent the ball past a diving Munenori Kawasaki with two outs.

Left-hander Craig Breslow pitched the 10th for his first save, despite putting the tying

run on via a walk.

Boston (57-74) was in control going into the ninth, with starter Clay Buchholz holding the Jays to two hits over eight innings and homers by Mookie Betts and Dustin Pedroia giving the visitors a 3-0 lead.

Buchholz struck out four and walked two in a near flawless outing that kept the dormant Jays offence in check until the ninth, when he loaded the bases on back-to-back Jose Reyes and Melky Cabrera singles and a Jose Bautista walk with one out.

Closer Koji Uehara was unable to clean up the mess, al-

lowing one run on an Adam Lind forceout and then two more on an Edwin Encarnacion double off the wall to tie the score at 3-3. Uehara (6-4) blew the save but still got the win.

Buchholz had outduelled J.A. Happ, who struck out eight and gave up five hits in six solid innings before a crowd of 26,041 with the roof open at Rogers Centre. But the Jays' left-hander fell victim to the long ball in the fifth inning.

Toronto, which is 6-15 this month, has now lost nine of its last 12 games and 11 of its last 16. **THE CANADIAN PRESS**

NHL

## Anderson gets 3-year extension from Senators

Craig Anderson has some long-term security with the Ottawa Senators after signing a three-year extension worth \$12.6 million US.

Anderson, the Senators' starting goaltender since being acquired from the Colorado Avalanche in 2011, is now under contract through the 2017-18 season.

The 33-year-old will make \$4.75 million in 2015-16 and 2016-17 and then \$3.1 million in 2017-18.

Anderson, who put up an NHL-best .941 save percentage in the lockout-shortened 2013 season to help Ottawa make the playoffs dropped to .911 last year. **THE CANADIAN PRESS**

CFL

## Ticats owner says stadium OK for Labour Day

Hamilton Tiger-Cats owner Bob Young is vowing that Tim Hortons Field will be ready to host the Toronto Argonauts in Monday's Labour Day Classic.

"To quote the movie Apollo 13: 'Failure is not an option.' We are determined to play Labour Day at Tim Hortons Field at 1 o'clock," Young said at a news conference Monday.

The promise comes amid concerns over construction delays at the new stadium, which was originally scheduled to open in July.

**THE CANADIAN PRESS**



Milos Raonic serves against Japan's Taro Daniel. The Canadian beat Daniel in New York on Monday. DARRON CUMMINGS/THE ASSOCIATED PRESS

## 'My best tennis': Raonic

Milos Raonic emerged as the only Canadian survivor from five starters on opening day at the U.S. Open on Monday.

The fifth seed reached the second round over Japan's Taro Daniel 6-3, 6-2, 7-6 (1).

Raonic had a smooth ride in the first two sets, but hit speed bumps as he tried to serve it out.

The Canadian saved two break points with aces in the 10th game leading 5-4 but hit the net with a backhand to make it 5-5 in the third set. The set went to a tiebreaker where

AUGMENTED  
REALITY

→ Scan the image with the Metro News app for more scores and photos from Monday's matches.



→ See the full instructions on Metro's Voices page.

Raonic finally got the job done. The player from Thornhill,

Ont., took just over 90 minutes to earn victory with 20 aces and nearly 60 winners.

"I've been playing my best tennis this year," said Raonic. "I put a lot of focus into this event. I'm glad to be here and start playing."

Vancouver's Vasek Pospisil lost to clay-courtier Simone Bolelli 2-6, 6-4, 6-2, 3-6, 6-3. Sharon Fichman of Toronto, Aleksandra Wozniak of Blainville, Que., and Montreal's Francoise Abanda were also eliminated in the women's draw.

**THE CANADIAN PRESS**



## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

You would be the first to admit there have been times when you worked far too hard. Now your priority must be to respect your limits.

#### ♉ Taurus

**April 21 - May 21**

You were born with some remarkable talents but have you been making the most of them? You could have done more but you will always get another chance.

#### ♊ Gemini

**May 22 - June 21**

Don't keep your feelings bottled up inside you. Let them out so they can be dealt with.

#### ♋ Cancer

**June 22 - July 23**

Activity in the communications area of your chart will make it easy for you to find the right words — but will you use them the right way?

#### ♌ Leo

**July 24 - Aug. 23**

You need to cut through the fog of misinformation and get to the root of whatever problem it is that is bothering you. Most likely you will find it is no problem at all.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

The Sun and Mercury in your sign will concentrate your mind and help you focus on what is truly important. But attitude is important too.

#### ♎ Libra

**Sept. 24 - Oct. 23**

You need to make a decision of some kind and it is the kind of decision you have to reach on your own. Not everyone will approve but that's irrelevant.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

Try to find common ground with a group of people you have not always seen eye-to-eye with in the past. You actually share many things in common.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

The Sun in the career area of your chart will boost your professional standing in some way over the next few weeks. If a new job offer comes along you must give it consideration.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

Do you have the courage to take a different course between now and the end of the year? According to the planets there will be rewards aplenty if you do.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

Cosmic activity in the area of your chart that governs joint financial matters indicates that you could be on the receiving end of a windfall over the next few days.

#### ♓ Pisces

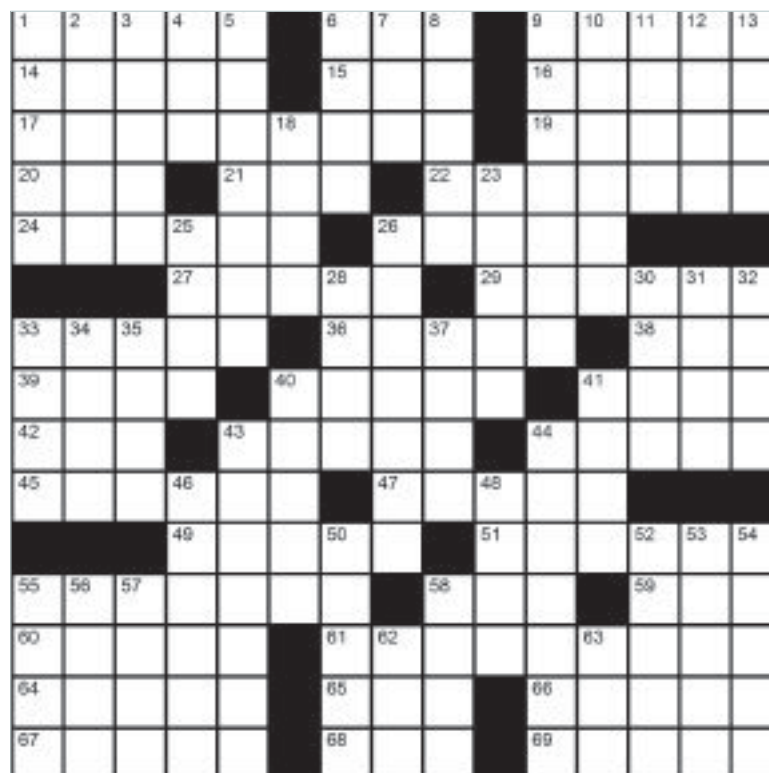
**Feb. 20 - March 20**

Let family and friends know how much you care for them. You will find it easy to say the things that bring smiles to their faces.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Sheathes, as with metal
6. Floor cleaner
9. "Hart of Dixie" American cable channel, \_\_\_-\_\_\_
14. RR = \_\_\_ Route
15. \_\_\_ vapeur (Steamed, restaurant-style)
16. \_\_\_/Grindstone Provincial Park, in Manitoba
17. ALS \_\_\_ Challenge
19. Entree enjoyer
20. Victorian \_\_\_
21. Muck
22. Cafe's cousin
24. Vancouver: Emily Carr University of Art + \_\_\_
26. Lively rhythms
27. Movie dog
29. Mount \_\_\_ (Antarctica volcano)
33. "The Facts of Life" character
36. Toronto band, Death From \_\_\_ 1979
38. Mountain extract
39. Also-\_\_\_
40. Skyfall singer
41. \_\_\_ Park, in Hamilton
42. Army \_\_\_
43. Got word
44. Dessert apple's status
45. \_\_\_ the Gopher, Saskatchewan Roughriders mascot
47. Attempt



49. How canned seafood can be packed: 2 wds.
51. Blink-182 drummer Mr. Barker
55. Detox
58. Comparative suffix
59. "It's \_\_\_

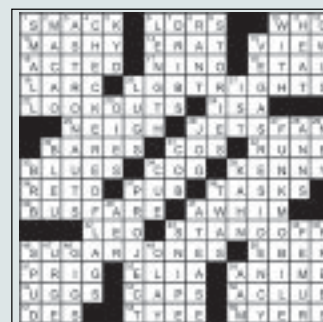
- brainer!"
60. Actress Christina
61. Ryan Reynolds 2002 National Lampoon title role: 2 wds.
64. Put one's \_\_\_ (Meddle)
65. "C' \_\_\_ la vie!"

66. Overwork
67. Squeezed, as the wet rag
68. Pi's follower
69. Grimes
- Down**
1. Wept
2. Ill-gotten money
3. Domains

4. Smidgen
5. Homeruns getter
6. Kind of shark
7. Certain cheer!
8. "Because the Night" songstress Ms. Smith
9. National \_\_\_ School of Canada, in

- Montreal
10. Sad procession transport
11. \_\_\_-1, "Ghostbusters" (1984) vehicle
12. Liz Taylor role in '63
13. Hot
18. Hartford, \_\_\_
23. Student: French
25. Nile wader
26. Justin Trudeau's party
28. Will Smith's wife
30. Wild pig
31. Encourage
32. "The Bad \_\_\_" (1956)
33. Be boastful
34. Ms. Turner
35. \_\_\_-inflammatory
37. Alberta town
40. Bubbly bars
41. Spanish painter
43. Canadian magician, Doug \_\_\_ (b.1947 - d.2000)
44. Canadian literature: Alice Munro's \_\_\_ Away
46. B-vitamin family member
48. Goulash
50. Drake's "Best \_\_\_ Had"
52. Dearth of Sci-Fi
53. Sluggish
54. Varieties
55. Boast
56. Prevaricator
57. Neutral tone
58. Call \_\_\_ question
62. Grey hue
63. Nero's 61

### Friday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)

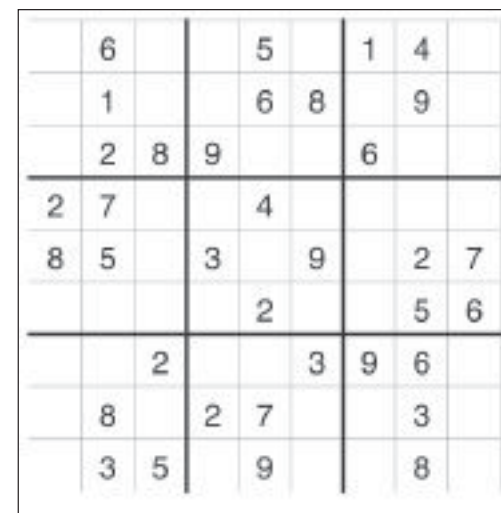
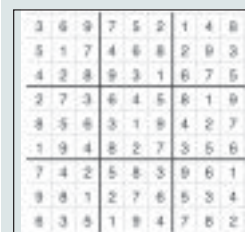


### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



# TODAY'S HOROSCOPE:

**Neptune is suggesting that now may be the perfect time to get the Metro News App**



metro



Download the Metro News App today at [metronews.ca/mobile](http://metronews.ca/mobile)



Pg. 217  
keeps  
your wife  
happy.

217 Clothes storage

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Helpful Book  
in the World  
is here.**